

Fall 2020

A Newsletter for Parents of Young Children



# The Parent Line

## The 5 Love Languages for your Children



Derived from the bestselling book, *The 5 Love Languages: The Secret to Love that Lasts*, by Dr. Gary Chapman, this book helps with improving relationships. Relationships in all forms including married or dating couples, friends and coworkers, and even for children and teenagers. Everyone has different personalities, and everyone gives and receives love differently. With the love languages concept, we can communicate and understand each other better to strengthen and improve all our relationships. As parents, we love our children and it is important to show that we love and appreciate them, even through the difficult times. The love languages concept focuses on 5 different categories; words of affirmation, acts of service, receiving gifts, quality time, and physical touch.

**Words of affirmation** means receiving words of affection, praise, encouragement and guidance. Kind, encouraging, and positive words are powerful. Your child loves when you give them compliments by saying things like "I love you," "great job helping your sister clean the table," or "I am so lucky to have a daughter/son like you."



**Acts of service** is when you show someone you love them by doing things for them such as cook/bake, buy their clothes, help with homework, or be supportive at sports/music events. If this is your child's love language, they appreciate everything you do for them and understand that parents do these things because they love me.



**Receiving gifts** doesn't necessarily mean material things. This love language thrives on the love, thoughtfulness and effort behind the gift or gesture. Gifts are the visual representations of love. It can be something as simple as gifting your child a shell from the beach that reminded you of how beautiful they are.

**Quality time** is having full, undivided attention sharing quality conversations and doing activities together. Being there for your children without any distractions like putting your phone away, TV off, and being in the moment is what they will appreciate from you as parents.

**Physical touch** expresses love by hugs, kisses, massages, or pats on the back/arm/shoulders. This fosters a sense of security and belonging in your relationship with your children. They will know you love them by showing them the gentle touch they appreciate.

Finding out your child's love language will help you connect with your child and show them in their language that you love and appreciate them for being themselves. They may have one primary love language that stands out, but that doesn't mean the rest of the love languages are not important. As parents you know your children best, but no matter what language they prefer, always show you love them!



## Suggested Readings

**What To Do With a Box**

By: Jane Yolen

**Magic Tree House**

By: Mary Pope Osborne

**The Musubi Man:**

**Hawai'i's Gingerbread Man**

By: Sandi Takayama



**My Teacher Is a Monster! No, I am Not**

By: Peter Brown

**This is our House**

By: Hyewon Yum



## The Parent Line Website

[theparentline.org](http://theparentline.org)



We now have a **LIVE** chat box feature on our website! In addition to calling The Parent Line, you can chat

with a specialist just like you would over the phone! You can access our website by phone, computer, or tablet and the chat box feature will work with any device. The live chat feature will be available during our hotline hours: Monday through Friday from 8 a.m. to 6 p.m. and Saturday AND Sunday 9 a.m. to 1 p.m. Be sure to check it out!



## Spotlight on Safety

### Fall Prevention from Windows

As parents we might not think anything of the windows in our home, however, with young children around we should always be vigilant and prevent falls when they are near windows. Falling can lead to serious injuries and even death. Young children are at particular risk for falling out of screen windows because they like to climb. They can easily push on the screen window and push out the frame. Their heads are heavier than the rest of their bodies so they may topple over easier. According to the Hawai'i Department of Health, about 80 children plunge out of windows each year. It is estimated that 15 to 20 children die each year or suffer serious injuries. Here are some fall prevention tips on windows in the home.

- For your crawlers and climbers, move chairs, cribs, and other furniture away from windows to prevent window falls.
- Keep windows locked and closed when not in use.
- Window screens are meant to keep bugs out, not children in. Properly install window guards to prevent unintentional window falls.
- Install window stops so that windows open no more than 4 inches.
- If you have windows that open at the top and bottom, make it a habit to only open the top to prevent accidental falls.



For more fall prevention tips and other child safety concerns, please visit [www.kipchawaii.org/keihi-safety-tips/1-4-years-2018/](http://www.kipchawaii.org/keihi-safety-tips/1-4-years-2018/).

## Special Days to Remember

September 7 - Labor Day

September 13 - Grandparents Day

October is Infant Safe Sleep Month

October is Domestic Violence Awareness Month

October 12 - Columbus Day

October 31 - Halloween

November 3 - Election Day

November 11 - Veteran's Day

November 26 - Thanksgiving Day

